



Health Services



Disability Services



Aged Day Services



Child Services



Group Activities



Dental Services

Message from the CEO

At CBCHS we are lucky to have over 200 dedicated volunteers who help deliver many services and programs for our clients. Recently, we were successful in gaining additional government funding for the Community Visitors Scheme (CVS) which has enabled us to extend the program to include home visits as well as visits at aged care facilities.

This is such an important initiative with research showing that loneliness is a serious public health issue, with links to poorer cardiovascular health, mental illness, and a faster rate of cognitive decline and dementia in old age. One of the most effective ways to reduce loneliness is to help make people feel connected to their community.

If you can spare some time for a social visit with a lonely person in the Kingston or Bayside regions, I encourage you to take part in the CVS. It can be an extremely rewarding experience for both the volunteer and resident.

I'm also very pleased to announce that we have introduced a range of additional services at the Westall Community Hub. This is great news for people in the Clayton South area who can now access many of our health and wellbeing programs as well as the child development services we have been running at the hub for over a year.

This is part of our commitment to expand services to meet community needs and we will continue to involve our clients in service planning, co-design and improvement.

Deb Stuart, CEO



Community Visitors Scheme extends to home visits

We are seeking volunteers to visit older people in their homes on a weekly or fortnightly basis, for friendship and companionship as part of the Community Visitors Scheme (CVS).

The CVS is a national program funded by the Australian Government to help enrich the quality of life of people who are socially isolated or lonely.

Home Visitors will be matched with residents in line with their interests with the purpose of developing an ongoing relationship. Training and support will be provided to help ensure a rewarding and fun experience.

We are also looking for people who would like to be visited at home as part of the CVS program. Home Visits are available for any person on a Home Care Package and the program is free of charge. Residents benefit by gaining a new companion and this can help diminish feelings of loneliness and isolation.

If you or someone you know would like to be involved, please get in touch with your Home Care Package provider or contact CBCHS.

For more information, please contact **8587 0322** or email **volunteers@cbchs.org.au**

Save the Date!

National Volunteer Week Morning Tea - Tuesday 21st May at 10.30am



Services growing at the Westall Community Hub

CBCHS has been providing child development services including speech and occupational therapy at the Westall Community Hub in Clayton South for around 12 months.

Due to increased demand, we are pleased to have extended our services and now offer the following:

- Anxiety, stress and lifestyle program
- Child development services – speech & occupational therapy
- Community Kitchen - healthy cooking together
- Craving Change - a weekly program to help improve your relationship with food
- DESMOND - a free, recommended type 2 diabetes education program
- Dietetics
- Individual and group relaxation sessions
- Mat Pilates
- Physiotherapy
- Tai Chi
- More coming soon!

The Hub is co-located at the Westall Primary School and Westall Secondary College offering a unique opportunity for CBCHS to support a fast growing community with their health and wellbeing needs.

For all enquiries and bookings call **8587 0200** or email **intake1@cbchs.org.au**



RAP Working Group Member Profile: Leonie Stevens

At CBCHS, we are proud to have a Working Group to drive the implementation of our Reconciliation Action Plan (RAP). The key focus of the RAP is to continue to improve our services to meet the health and wellbeing needs of our Aboriginal and Torres Strait Islander communities.

The Working Group involves CBCHS staff members and representatives of the local Aboriginal and Torres Strait Islander community, working together to deliver a range of projects. We spoke to RAP Working Group Member, Leonie Stevens about her involvement.

How long have you been at CBCHS and what is your role?

I have been at CBCHS for 18 ½ years working as a receptionist. Since October 2018 I have worked at the Chelsea site. Prior to that I worked at Clarinda.

Why is the RAP Working Group important to you?

I like being part of the RAP Working Group and finding out what is happening in the local area. I have been fortunate to be able to attend the Community Lunch for Aboriginal and Torres Strait Islanders held at Chelsea therefore I have been able to meet people who have a similar history as mine.

What do you hope to achieve for our local Aboriginal and Torres Strait Islander community through the RAP Working Group?

Recognition for the Traditional Owners has been important. Planning projects that include the cultural significance of the local Aboriginal community.

My Grandmother's family came from Fraser Island Queensland and were part of the Butchulla tribe. K'gari is the Butchulla place name for Fraser Island. The Butchulla people want their messages of care and respect for the land to reach all people visiting the island.



Leonie Stevens



www.cbchs.org.au

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Inaugural ACO Holiday Program

In January, we trialled our first holiday program for people with disability, we are pleased to say it was a runaway success. The feedback received from participants as well as the Family Support Group was overwhelmingly positive. We averaged an attendance of between 9 to 12 participants each day. Activities included bowling, sports, cooking as

well as day trips to Melbourne Zoo, Glen Eira Sports and Aquatic Centre, and the Cranbourne Botanical Gardens.

Our next program will run from July 8th to July 15th. For enquiries or to make a booking, please contact **8587 0250** or aco@cbchs.org.au.



ACO Holiday Program, bowling



ACO client, Stefan

GLA:D Hip or Knee Arthritis Program

CBCHS is pleased to be offering a new six-week education and exercise program called GLA:D®, or Good Life with Arthritis: Denmark.

The program was developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms. It reflects the latest evidence in research, incorporating feedback from people with osteoarthritis and trainers on what works in the real world.

The hourly exercise groups run twice a week for six weeks and focus on improving muscle control around the joint leading to a reduction in symptoms and improved quality of life.

For enquiries or bookings, phone **8587 0200**.



Geriatrician profile

Central Bayside Community Health Services offers a range of Bulk Billing Medical Specialists including Geriatrician Dr Michael Farber MBBS FRACP. A Geriatrician is a specialist who focuses on health care for older people.

Dr Farber graduated from Monash University in 2001 and completed Geriatrics Training in 2009. He holds a public appointment at Northern Health as well as private clinic and private appointment at Cabrini hospital.

Dr Farber has a special interest in cognitive function, falls and balance, management of patients in residential aged care

facilities, osteoporosis management and general medicine. To make an appointment call **8587 0200** or email intake1@cbchs.org.au

Dr Michael Farber

Sessions Information

- Days: Tuesdays (Fortnightly)
- Location: CBCHS 335 Nepean Hwy, Parkdale 3195



www.cbchs.org.au

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Become a Member!

To become a member of CBCHS visit our website cbchs.org.au and complete an online membership application.

It's Okay to Complain!

CBCHS has a compliments and complaints procedure.

Complaints can be made directly with CBCHS or alternatively can be made directly with the relevant commissioner:

- Aged Care Complaints Commissioner
(Any person over 65 receiving a CBCHS service)
P 1800 550 552
- Health Services Commissioner
(Any person receiving a Primary Health service)
P 1300 582 113
- Disability Services Commissioner (ACO clients)
P 1800 677 342

Our Feedback brochure provides more information about lodging a compliment or complaint, it's available on our website under Publications and it's also available at all our reception sites.

Support for Carers!

- Carer Gateway is a national telephone service, website and an interactive service finder to help carers locate their nearest existing support services.
- Carer Gateway will provide information for carers online at www.carergateway.gov.au and by phone on 1800 422 737 from Monday to Friday between 8am and 6pm.

Crochet Call Out

Our Auxiliary volunteers do a fabulous job each year raising money for CBCHS. Last financial year they raised in excess of \$10,000.

To achieve these results, there is a dedicated group of knitters and craft experts working away in the background to keep the Auxiliary table well stocked with hand-crafted items.

This year, a new volunteer is required to add a crochet segment to the top of tea towels. This can be done at the volunteer's own home, at a time that suits them. The tea towels and the wool will be provided (no cost to volunteer). The Auxiliary team would be happy with 2-3 tea towels per week. Auxiliary volunteers are invited to

recognition events such as our Volunteers Morning Tea and Volunteers Christmas Lunch.

If you know someone who can crochet and may be interested in volunteering their time, or if you would like more information, please contact **8587 0322**.



Vale Christopher Fox

It is with great sadness that we inform you that our former CEO, Christopher Fox, passed away on 11th January 2019.

Chris was the CEO of CBCHS for over 14 years where his immense contribution was integral in shaping the organisation through a period of rapid growth and change. His leadership, dedication and connection with staff, clients and the broader community was immeasurable.

Chris enjoyed a long career in health services across Victoria and will be remembered fondly by the many people fortunate enough to have worked alongside him.



Christopher Fox



Healthy food swap ideas for each meal

Breakfast

- Swap a sugar-coated breakfast cereal for a wholegrain cereal such as porridge or weetbix, with no added sugar.
- Swap a sprinkle of sugar on your breakfast cereal for a topping of fresh or dried fruit.

Lunch

- Swap white breads, bagels and muffins for wholegrain varieties.
- Swap a tuna melt for a tuna salad sandwich on wholemeal bread, without mayo.

Dinner

- Swap creamy or cheesy sauces for tomato or vegetable-based sauces on your pasta, meat or fish dishes.
- Choose leaner cuts of meat, for example, steak rather than sausages.
- Swap the frying pan for the grill when cooking meat.